

Chris Moffat

Career ambitions outside of luge?

Right now I am not really thinking about it. I'm trying to focus everything I have into the one goal, and after that I will make some critical decisions as to where I will go in terms of a career.

When not sliding I am likely?

Either tinkering with my bike or "sweeping" (looking for deals or information on the internet).

When finished with my luge career, I want to?

I think I will cross this bridge when I get to it. Ideally I would like to give back to the luge community either through coaching or volunteering at a club or provincial level.

Favourite Luge Track?

Whistler Sliding Centre

Favourite Vacation Spot?

Anywhere warm! Funny how that seems to be the response from most luge athletes given we are in winter sport.

Favourite Book?

...Nothing really comes to mind right now.

Favourite Movie?

A River Runs Through It

Favourite Olympic/Paralympic Moment?

When I walked into the opening ceremonies of the 2002 Olympic Winter Games in Salt Lake City with my brother. It's a personal moment, but I think that means more to me.

Inspiration?

I really can't say I draw inspiration from anywhere specific. I gather little bits of inspiration from everywhere, that is what keeps me going!

Before a race, I will listen to what song?

I have a warm up playlist that has a bunch of songs with some progressive rhythms that keep me moving in my warm up.

Favourite Muscian?

Hard to say, it depends on what I am doing. If I am circuit training I like to listen to "Rise Against" but if I am just chillin I would rather listen to something along the lines of "MGMT"

One year out from the Games my thought on 2010 is?

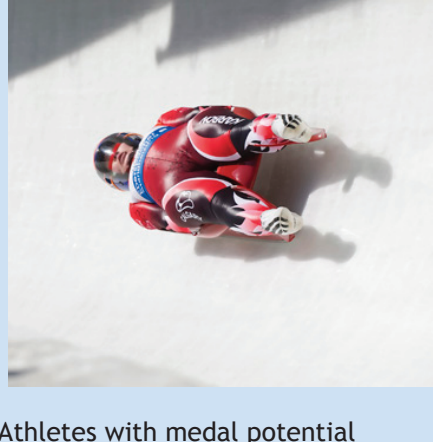
It's going to be awesome to compete in front of a home crowd again. Salt Lake's Olympics were close to being a home crowd, but I think Vancouver/Whistler is going to crush them all in terms of "spirit."

If I could rule the world for a day I would?

I really wouldn't know what I would do...maybe make luge the official sport of Canada? It's a good thing that I won't be ruling anytime soon. I don't think speed suits would work as well as hockey jerseys for screaming fans. The sea of spandex just doesn't work that well!



CANADIAN ATHLETES GATHER IN VANCOUVER FOR OLYMPIC EXCELLENCE SERIES



Athletes with medal potential from all 14 winter sports, including Alex Gough, Regan Lauscher and Jeff Christie, gathered in Vancouver for the 2009 Olympic Excellence Series, May 1-4.

Conducted by the Canadian Olympic Committee, the Excellence Series is focused on motivating athletes to reach their full potential at the 2010 Olympic Winter Games. Close to 100 Canadian athletes, along with coaches and support team members heading to the 2010 Games, participated in a series of workshops, motivational presentations and planning sessions in an effort to help Canada own the podium in 2010.

In addition, a Media Summit was held on the final day which had athletes going through multiple stations for interviews with mainstream national media.

WALTER COREY RELOCATES TO WHISTLER TO HELP GROW LUGE ON WEST COAST

The Canadian Luge Association's high-performance director, Walter Corey, will be moving his office from Calgary to the Whistler Sliding Centre this spring.

Corey will join Nicole Simon, who currently works out of the Whistler-based CLA office, to help develop the sport of luge on Canada's west coast and continue to raise the sport's profile in the community. Having Walt in Whistler will also be a tremendous benefit to Canada's luge athletes who will spend the bulk of their training time on the Olympic track over the next season.

"This is a new environment for our athletes, but we recognize that luge is also new to many in the British Columbia area, including young children looking for a sport to pursue their Olympic dream," said Tim Farstad, executive director, Canadian Luge Association. "Having Walter on the ground in Whistler will help our team with their final preparations for 2010, but it is also an opportunity for the national body to further educate and grow our sport while inspiring the next generation of Olympic luge athletes."

Good luck with the move Walter!



CANADIAN LUGE ATHLETES PITCH IN ON EARTH DAY

Three of the Canada's World Cup luge athletes including, Chris and Mike Moffat along with Regan Lauscher celebrated Earth Day by helping to clean up a Calgary-based school yard.

The event was part of RONA's Eco-Responsible Day which gathered Olympic athletes across the country to pitch in and help clean up their communities.

Athletes worked with kids to clean up the school yard and then took time to sign autographs and pose for photos.

KEY DATES FOR 2009-10 OLYMPIC YEAR

FIL International Training Week
Whistler Sliding Centre - Whistler
November 8-14, 2009

Viessmann Luge World Cup
Canada Olympic Park - Calgary
November 16-21, 2009



Olympic Winter Games Men's Singles
- February 13-14, 2010
Women's Singles
- February 15-16, 2010
Doubles
- February 17, 2010

Canadian winter athletes make history topping 2009 World Championships' overall medal count



Canada's Olympic winter sport athletes showed the world they are on track towards reaching their goal of owning the podium in 2010. Canadian athletes made history during the 2008-09 season by finishing first overall in World Championship medal counts.

Canadian athletes combined to win a total of 28 medals, including six gold, nine silver and 13 bronze, at Olympic winter sporting events, topping the perennial world-leading Germans and the United States who finished tied for second with 27 medals each.

"This truly is a breakthrough season for Canada's high-performance athletes, and the first time ever that Canada has finished ahead of the Germans in overall medals won at World Championship events," said Roger Jackson, chief executive officer, Own the Podium. "These results demonstrate that Canadian Olympic and Paralympic athletes are now capable of delivering podium results at high-pressure events."

Canada's world-leading long-track speedskating team led the medal charge for the Canucks by making eight trips to the World Championship podium. The nation's top freestyle and short track speedskaters won four medals each, while Jasey-Jay Anderson led Canada's snowboard athletes to three medals, and the figure skaters celebrated a breakthrough of their own by winning three medals on the ice. Canada's alpine skiers and ski-cross athletes won two medals each. Men's curling and women's hockey rounded out the World Championship medal total with their two silver medal finishes this past weekend.

"While this benchmark shows us Canadian athletes are now in the game, the Olympic and Paralympic Games are the ultimate measuring stick. "This year we underperformed in some disciplines, and we have loads of work to do if we want to reach our ultimate goal of finishing number one in 2010," said Jackson, who also noted Canada slipped from second to fourth in overall World Cup medal counts. "If we want to achieve the top, we need to continue to deliver the necessary funding and leadership required for Canadian athletes to have the opportunity to access all of the resources needed to be fully prepared to win."

CANADIAN LUGE ATHLETES WELCOME FAST TRACK CAPITAL AS FIRST-EVER TITLE SPONSOR

The Canadian Luge Association took its first major step towards delivering the financial resources its athletes require to mount the international podium by welcoming the organization's first-ever title sponsor in April.



Responding to a national *FOR SALE* campaign launched in February by the Canadian Luge Association, Fast Track Capital Inc. announced it will help support Canada's high-performance luge athletes' mission to find the quickest line to the podium through a five-year financial commitment that will deliver a little more than \$200,000 per annum to the program for a total of \$1,002,014 through the 2014 season.

"This is truly a thrilling day for our sport in Canada, and it is one that will contribute to ensuring the financial stability of our program beyond 2010," said Tim Farstad, executive director, Canadian Luge Association. "Fast Track Capital shares our commitment and vision to achieving excellence, and we are delighted to have them on our team."

The first financial deal of its kind in the history of the Canadian Luge Association, Fast Track Capital becomes a gold sponsor of the national program. As a result, Fast Track Capital will help support elite-level coaching and contribute to providing access to the critical resources Canada's World Cup and junior-level athletes need to continue their climb up the international standings.

"We are extremely proud to extend our financial commitment to help these great athletes achieve success on the world stage," said Darren Weeks, founder and chief executive officer, Fast Track Capital Inc. "It is our hope this contribution will not only help put Canada's elite luge athletes on top of the podium, but will also allow the next generation of athletes to access the resources they need to realize their full potential."

In recognition of Fast Track Capital becoming the first partner to step forward within corporate Canada in response to the nationwide sponsor recruitment initiative, Canada's luge athletes replaced *For Sale* decals worn on their helmets during the final two World Cups of the season in February with *Fast Track Capital* logos during the media conference. The logo will also be prominent on the entire men's and women's World Cup Team sleds, clothing and outerwear until 2014.

Wightman says race for gold all about run volume

Luge analyst sees Canada moving up the ranks at Vancouver 2010

Vancouver 2010 luge analyst Chris Wightman knows what it's like to compete at the Olympic Winter Games on home soil.

"It was certainly something I wasn't ready for. It's a tremendous, terrific experience and it took me by surprise. When they announced my name, the roar was amazing. We're [luge athletes] normally used to 500 fans, but that day there were 25,000. It takes you by surprise."

As a member of the Canadian luge team from 1984 to 1988, the Ottawa native competed at Calgary 1988 and on the World Cup and World Championship circuits, retiring from competition soon after the 1988 Winter Games. Now, Wightman returns to the Winter Games, serving as Luge Analyst for Canada's Olympic Broadcast Media Consortium's coverage of Vancouver 2010.

Wightman knows the pressure to perform on home turf will be high for Canadian athletes but the former racer believes it can also serve as an outstanding source of motivation.

"It's a chance to show a lot of friends and family who can't travel to Europe what you've been doing for the last four or five years and to showcase to Canadians a sport they're not all that familiar with. It's also a chance to show fans how the funding and support can really pay off in results."

While no Canadian has ever won an Olympic medal in luge, Wightman, a former national junior and development team coach and a television luge analyst with more than six years of competitive experience, sees promise in the Canadian Luge Association's hiring of Wolfgang Staudinger as its high-performance head coach.

"I competed with him in Calgary and he comes from podium stock, for sure. He's been part of the German system his whole life. He's coached with Canada for a short time and he's married to retired Canadian luge World Cup medalist Marie-Claude Doyen, so he knows the Canadian system well. He arrived about a year ago and the Canadian team's made a huge first step. At the World Championship, they've all grown; the men have gotten extremely strong and grown in confidence, and the women are strong and their starts are tops in the world. He put them through a pace last year that no one has seen in Canada before. It's too bad he wasn't hired sooner. And that's why they've signed him up through 2014."

A coach with an impressive track record is merely the first step, says Wightman. The key for the Canadian team has been the emergence of a next generation of racers set to surprise at Vancouver 2010.

"I think Alex Gough and her fourth place finish at the World Championship is Canada's biggest highlight this year. She's been fantastic all year and her capabilities have finally melded. She needs to work on her conditioning and her start, but as far as her psychological confidence, she's right there and when you're sliding with confidence, it makes a huge difference. The women's group has really got some potential and we can really see that coming together with Alex's finish at the Worlds."

Wightman believes consistency and speed are the tools needed to drive the Canadian men's team to success.

On the men's side, I'd say their one step back. They're still working on their consistency and that shows in their results. Consistency is so important in the Olympic Games because it's a four-run race. It's hard enough to make two runs work, that's huge, but four runs over two days is what's needed to compete at Vancouver. Consistency and speed will get these guys nibbling at the podium. That's what they'll be working on this summer and through the coming World Cup season. That's what Wolfgang will be working on - that's his primary goal."

Many of the members of the Canadian luge team competed at Turin 2006 and have a distinct advantage over the rest of the international luge field, according to Wightman, as they - and their Canadian teammates - have developed a higher level of familiarity with the Whistler Sliding Centre. The \$104 million facility which will host all the luge, bobsleigh and skeleton events at the 2010 Winter Games has proven to be both highly technical and challenging, but that's where Wightman believes run volume will play into the hands of the Canadians.

"The more you do it, the better you become. Wolfgang is putting a huge focus on quantity, and they're [Canadian luge racers] starting to get the instinct and starting to react subconsciously by fine-tuning their performance through repetition."

"The real benefit [for athletes] snows or sunny. Being used to every condition possible, whether it's cloudy or sunny. Other teams have to rely on theory not practice. When you have the opportunity to play through those conditions and you gain that confidence, then you're operating on a whole different level."

Vancouver 2010 will be Wightman's seventh Olympic Games; he has attended the Games as a competitor, broadcaster and athlete liaison, and while his competitive days are behind him, his desire to see Canada succeed in luge at the Winter Games remains strong.

"The potential is now there. [A podium finish] is a remote possibility. There's been a reset with the hiring of Wolfgang and they're making as big a step as they can. They're laying the foundation. The move to the podium is imminent. They're making huge, tremendous, successful headway and anything is possible."

According to Wightman, Canadian lugers need everything to go right to make it to the top of the podium at Vancouver 2010, and while the sport struggles for recognition in Canada, Wightman believes success on home soil at the Olympic Games can leave an indelible mark on the Canadian luge program.

"Luge is gaining a significant following and judging by the numbers at the test events in Whistler the surrounding community has really taken to the sliding sports. There's a huge advantage in the fact that our athletes will have the support of the home crowd. I've been there when a Canadian wins a World Cup medal in luge and to have people there cheering on our athletes, that makes such a huge difference."

Wightman will join play-by-play announcer Rob Faulds and reporter Farhan Lalji as part of the Consortium's English-language luge broadcast team at Vancouver 2010.

